

From Katie’s Desk

Love the Skin You’re In

As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season’s harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.



Protecting our skin is no small task. The skin, after all, is the body’s largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we’re hot and a blanket when we’re cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it’s no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping skin in tip-top shape:

- 1. Protect yourself from the sun.** Use sunscreen, wear protective clothes, and seek shade when the sun’s rays are strongest, between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)
- 2. Don’t smoke.** Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
- 3. Be gentle.** Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
- 4. Eat well.** A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
- 5. Manage stress.** Avoid breakouts by not overwhelming yourself and exercising regularly

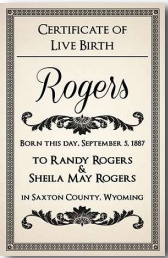
November Birthdays

Wayne - November 1
Martha- November 9
Ginny- November 10
Janice- November 16
Bobbie – November 17
Linda- November 19
Patty- November 25
Joyce – November 30

Sally Field (actress) – Nov. 6, 1946
Carl Sagan (astronomer) – Nov. 9, 1934
Grace Kelly (actress, princess) – Nov. 12, 1929
Margaret Atwood (writer) – Nov. 18, 1939
Ahmad Rashad (sportscaster) – Nov. 19, 1949
Andrew Carnegie (banker) – Nov. 25, 1835
Tina Turner (singer) – Nov. 26, 1939
Samuel Clemens (Mark Twain) – Nov. 30, 1835

Name of the Month

What is it about the name Rogers in November? The name is shared by many celebrities born this month. There’s Will Rogers, one of the most famous satirists of the 1920s and 1930s; he was born November 4, 1879. Roy Rogers, the famous singing cowboy and actor, was born November 5, 1911. Kenny Rogers, the baseball pitcher who once pitched a perfect game (not the country music star), was born November 10, 1964. George Rogers Clark, the American Revolutionary War general known as the “Washington of the West,” was born November 19, 1752. Baseball pitcher Buck Rogers was born November 5, 1912, and the first radio broadcast of *Buck Rogers in the 25th Century* aired on November 7, 1932. If you know anyone who’s expecting a baby in November, suggest the name Rogers. It just may be the perfect name for a November baby.



Select Senior Living

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Executive Director

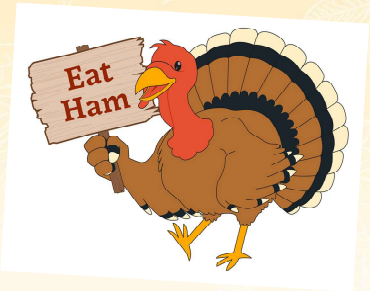
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Talkin’ Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey’s time to shine (or roast), but chickens hold their own all year long.

Let’s start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They’re also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren’t quite so nimble. Their flashy fans and “gobble gobble” calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they’re also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don’t need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

As for turkeys and Thanksgiving, the tradition dates to the 1800s, when turkey became the centerpiece partly because it was large enough to feed a crowd and not typically used for eggs or milk like other livestock. These days, though, more people are switching things up—serving roast chicken, Tofurky, lentil loaf, or lasagna layered with roasted squash for Thanksgiving’s main course. Some people even decide on breakfast-for-dinner, with stacks of pancakes and cozy casseroles taking center stage. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn’t in the bird—it’s in the gathering. No matter what’s on the plate, it’s the company that counts.

Resident of the Month For November



Martha is our resident of the month for November.

She was born in Mexico and has 4 brothers and 1 sister. Her favorite subject in school was math and veterinarian skills. She was (and is) always volunteering for something. She loves finding ways to help others.

Her favorite job was a cook. She enjoys cooking and that is an activity that helps refresh her spirit. She also likes to color.

She has 3 children and 6 grandchildren. She LOVES being a grandma.

The reason she likes living here is because "it has helped me have a better life with my physical challenges. The staff and residents are great. Also, Active Therapy has been WONDERFUL to work with!"

Life Enrichment Updates



"Autumn carries more gold in its pocket than all other seasons." – Ralph H. Blum

Can you believe it is November! Autumn is my favorite season, and Thanksgiving is my favorite holiday. It is a time to sit back and consider all the things we can be grateful about.

This month we will be celebrating the Veterans in our Community. If you are a Veteran, please make sure to come to the noon meal at 11:15 on **Tues, November 11** for a special program before lunch. Also, we will be having another special program for all the Veterans on Friday, **November 14** at 11:15.

Also, there is a sheet a Synonym Search in this packet. If you finish this sheet correctly and return it to Renee, you can receive a surprise gift.

Get ready to gobble up some fun this November with our exciting game - Capture the Turkey! Join us for a chance to win daily and weekly prizes that will make your Thanksgiving season even more special. Keep your eyes peeled for more information in the elevators - you won't want to miss out on this festive event!

On **Friday, November 28** we will be decorating the Community Room for Christmas. Come on down and enjoy some cookies and make our space festive and welcoming.

Entertainment-

Wednesday, November 5 at 2 Randy Roloff

Friday, November 14 at 2 Tom Hipps

Friday, November 21 at 2 John Daniels

Outings-

Monday, November 10 Walmart at 9:45

Thursday, November 20 Ellingson Car Museum at 12:30

Monday, November 24 Dollar Tree at 9:45

Crafts-

Every Thursday at 3 – Stitch and Chat. Bring your own craft project and enjoy crafting with other residents.

Wednesday, November 12 at 1 -Plush Pumpkins